

Lesson 24. Travel Safety

Lesson Purpose

To provide a general overview of strategies for making travel safer, including home security, travel preparation and safety, as well as hotel/motel security.

Learning Objectives

Participants will be able to:

- Describe basic home security and travel preparation practices.
- Identify and practice key strategies for road and hotel/motel safety.

Materials

Presentation: Travel Safety

Handout(s): *"How Can I Make Travel Safer and More Enjoyable?"*

Supplement: *"Vacation Security,"* from the National Crime Prevention Council.

Download at www.ncpc.org/

Display newspaper and magazine articles about crimes related to travel and tips for travel safety.

Related Resources

National Crime Prevention Council, www.ncpc.org

Lesson Plan

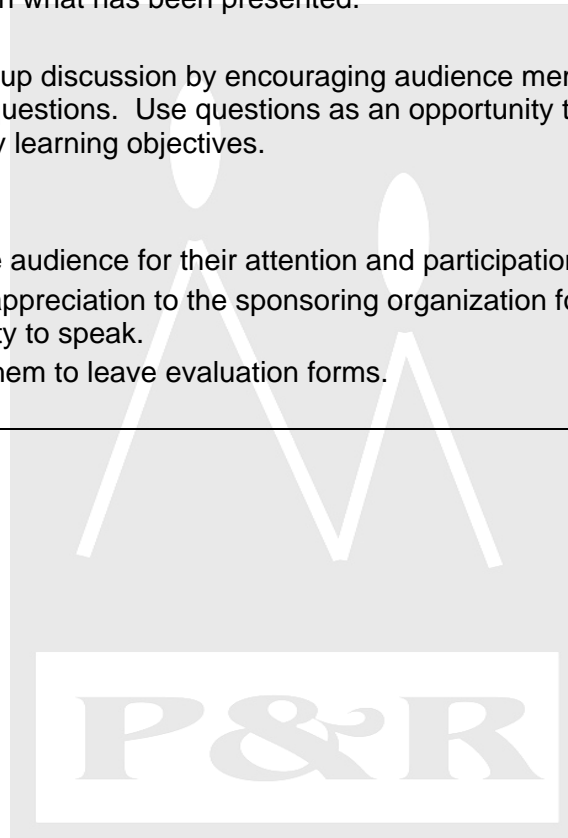
Time	Main Points	Slide
Introduction		
5 min.	Don't let your trip be ruined by crime. Here are some common sense safety tips to help you avoid problems when you travel.	1 - 2
	Briefly describe a local crime involving vacation/travel circumstances.	
	Today, we'll talk about some basic home security and travel preparation measures you can take to protect your home while you're away and some strategies for road and hotel/motel safety.	2
	Distribute handout: <i>"How Can I Make Travel Safer and More Enjoyable?"</i>	

Time	Main Points	Slide
Presentation		
5 min.	Prepare your home <ul style="list-style-type: none"> ▪ Stop mail and newspaper delivery, or have a neighbor collect them daily. ▪ Leave shades and blinds in normal positions. ▪ Put at least 2 lights and a radio on automatic timers. ▪ Ask a neighbor to keep your property maintained (grass mowed, snow shoveled). ▪ Have someone leave trash at your curb on garbage collection day. 	3
	<ul style="list-style-type: none"> ▪ Have someone park a car in your driveway occasionally. ▪ Leave a key with a trusted neighbor in case of an emergency. ▪ Ask your police department if it has a "Vacation Check" program. You would probably indicate your dates of departure and return, as well as which rooms have timed lights, and which neighbor has a key. ▪ Lock all windows and doors before you go. Don't forget to double-check basement and garage doors. 	4
4 min.	Prepare yourself When you pack: <ul style="list-style-type: none"> ▪ Make a record of your passport, credit card and travelers check numbers, as well as plane, train or bus ticket numbers. An easy way to do this is to photocopy them all together. Give a copy of the list to a family member, or friend, for safekeeping. ▪ Make sure you have enough prescription medication to last your entire trip—take a backup prescription. ▪ Clean out your wallet and/or purse. Don't take anything (like credit cards or important papers) that you won't need. ▪ Place a piece of paper with your name and itinerary inside each bag. This will make identification easier if your baggage ID tag is lost. 	5
5 min.	On the road <ul style="list-style-type: none"> ▪ Don't carry large amounts of cash. Use traveler's checks or credit cards whenever possible. ▪ Keep careful tabs on your plane, train or bus tickets—they're as valuable as cash. ▪ If you're driving, plan your route carefully. Travel on main roads and use maps. Have your car serviced before you leave. ▪ When stopping en route, conceal valuables from sight, preferably in the trunk. If you stop overnight, remove luggage and other valuables from the car. ▪ If your car breaks down, turn on the flashers and open the hood, or tie a white cloth to the antenna. If anyone stops to offer help, stay in your locked car and, through a slightly opened window, ask the person to call the police. ▪ If possible, carry a cellular phone. 	6

Time	Main Points	Slide
4 min.	In your hotel or motel <ul style="list-style-type: none"> ▪ Don't leave luggage unattended. Check your baggage with the staff if you can't go to your room immediately. ▪ If a front desk clerk mentions your room number loudly, request a new room. ▪ Don't enter the room if the door is ajar. ▪ A woman traveling alone should consider asking for an escort to her room or vehicle. ▪ Check behind curtains, under the bed, and in the bathroom, shower and closets to make sure no one is hiding in the room. 	7
	<ul style="list-style-type: none"> ▪ Locate fire exits, elevators, and public phones. Know the best way to get out of the building in an emergency. ▪ Use all auxiliary locking devices. ▪ Do not leave valuables in your hotel room. Place them in the hotel safe-deposit box. Always keep cash, credit cards and keys with you. ▪ Do not answer the door in a hotel or motel room without knowing who is there. If a person claims to be an employee, call the front desk and verify who he or she is, and why the visit is necessary. 	8
	<ul style="list-style-type: none"> ▪ Check your belongings daily. Arrange your possessions so you will know immediately if something is missing. ▪ Be observant. Report any suspicious activity to the management. ▪ Never sit in the room with the door propped open. Don't leave the door open for any length of time, even if you are just going to the ice machine. ▪ If someone is loitering in the hall near your room, do not enter your room. Go directly to the front desk and report it. ▪ Look around before entering parking lots or garages. Park near lighted walkways when possible. 	9
3 min.	In the area <ul style="list-style-type: none"> ▪ Carry your purse close to your body—don't let it dangle. Carry your wallet in an inside coat or front trouser pocket. ▪ Learn about, and be aware of, your surroundings. Ask the hotel/motel desk clerk, concierge or bell staff about problem areas to avoid. ▪ Select sight-seeing companies, guides and drivers carefully. Inquire at your hotel's front desk for reputable services. 	10

Time	Main Points	Slide
	<ul style="list-style-type: none"> Make sure everyone in your party knows the name, address and telephone number of your hotel or motel. Avoid advertising that you are a tourist by the way you dress. Carry only the cash that you need, and bills in small denominations. Don't flash your cash or jewelry. If members of the group separate, be sure they check-in at prearranged times and locations. 	11
3 min.	<p>Keeping fit on the road</p> <p>There is no reason to cancel your daily fitness routine just because you're traveling—as long as you take some common sense precautions.</p> <ul style="list-style-type: none"> When jogging or walking, team up with a partner—a friend, colleague or family member—especially if you go out in the early morning or in the evening. Check to see if your hotel/motel has a health club, or if it has access to one you can use. Avoid isolated roads, trails and paths. Stick to well-lighted, well-populated routes. Wear clothing that makes you visible to motorists—bright colors for day; white or reflective clothing for evening. Always carry identification. 	12
	<ul style="list-style-type: none"> Carry change for an emergency phone call. Consider carrying a whistle or shriek alarm. Always wear your glasses or contact lenses. Stay alert, especially if you're in a strange area. Don't walk or jog wearing headphones. 	13
2 min.	<p>Summarizing</p> <ul style="list-style-type: none"> Prepare your home. Prepare yourself. Be safe on the road. Practice safety measures in your hotel or motel. While sightseeing. Stay safe while staying fit. 	14
Practice/feedback		
10 min.	<p>Have participants review the list of strategies for travel safety in their handout. Ask them to place a checkmark (✓) beside the things they now do and to place an asterisk (*) beside the things that they need to begin to do. Give participants 5 to 7 minutes to complete this review; the instructor should circulate among the participants during this time. Conclude the activity by asking 2 or 3 volunteer participants to share what they learned from the review. The instructor should reinforce prevention strategies and key learning points.</p>	15

Time	Main Points	Slide
Evaluation		
10 min.	<p>Set-up</p> <p>We have a few minutes for questions and additional discussion. While we're doing that, we have a brief evaluation form we'd like for you to complete and leave with us. Your name is not required, but your feedback is very important. It will help us improve our presentation and program.</p> <p>Distribute evaluation forms and ask for questions or additional comments on what has been presented.</p> <p>Promote group discussion by encouraging audience members to help respond to questions. Use questions as an opportunity to clarify and reinforce key learning objectives.</p> <p>Wrap-up</p> <ul style="list-style-type: none"> ▪ Thank the audience for their attention and participation. ▪ Express appreciation to the sponsoring organization for the opportunity to speak. ▪ Remind them to leave evaluation forms. 	16



24. Travel Safety

Please tell us what you think about this lesson by circling the numbers that most closely reflect your opinions.

After this lesson . . .	Strongly Disagree	Disagree	Agree	Strongly Agree
a) I can identify ways to secure my home and prepare myself for travel.	1	2	3	4
b) I am better prepared to use key safety and security strategies while on the road.	1	2	3	4
c) I am better prepared to use key safety and security strategies while staying at a hotel or motel.	1	2	3	4
d) I can identify more ways to protect myself while traveling in an unfamiliar area or sightseeing.	1	2	3	4
About this lesson . . .				
e) The information presented was valuable.	1	2	3	4
f) The lesson was presented in a clear and understandable manner.	1	2	3	4
g) Lesson activities and discussion were helpful.	1	2	3	4
h) I would recommend this lesson to others.	1	2	3	4

What was the most valuable thing you learned?

Please give one example of how you plan to use the information presented in this lesson.

How could this lesson be improved?

